



**GP=Grimes Park FP=Finch Park MP=Myers Park**

## MONTH OF APRIL

### Boot Camp: GP

Thurs., April 14<sup>th</sup> at 4pm – 5pm  
Ages: 18 and Up

### Walking: MP

Thurs., April 28<sup>th</sup> at 6pm – 7pm  
Ages: 13 and Up

### Paddleboarding: FP

Sat., April 16<sup>th</sup> 10am – 11am  
Ages 13 & Up (youth supervision)

### Paddleboard Yoga: FP

Sat., April 16<sup>th</sup> 11am – 12pm  
Ages 13 & Up (youth supervision)

## MONTH OF MAY

### Jump Rope Work Out: FP

Tues., May 10<sup>th</sup> at 6pm – 7pm  
Ages: All (bring your own rope)

### Step Aerobics: GP

Mon., May 16<sup>th</sup> 6pm – 7pm  
Ages: 13 and Up

### Walking: MP

Tuesday, May 24<sup>th</sup> at 6pm – 7pm  
Ages 13 and Up

### Adult Yoga at GP

Sat., May 28<sup>th</sup> at 10am -11am  
Ages: 18 and up

**FREE!!**  
**FITNESS**  
**IN THE**  
**PARK**

**Grimes**  
**Myers**  
**Finch**  
**Parks**

**Join the**  
**Fun!**

## CITY OF LEXINGTON

512 S. Hargrave Street  
Lexington NC 27292

[www.LexingtonNC.gov](http://www.LexingtonNC.gov)

336-248-3960

**NO REGISTRATION**  
**REQUIRED**

## MONTH OF JUNE

### Kids Fitness Fun: GP

Sat., June 4<sup>th</sup>

Ages 4 – 6 9am – 9:45am

Ages 7 & Up 9:45am – 10:30am

### Line Dancing: FP

Thurs. June 9<sup>th</sup> 6pm – 7pm

Ages 13 and up

### Kids Fitness Fun: GP

Sat., June 18<sup>th</sup>

Ages 4 – 6 9am – 9:45am

Ages 7 & Up 9:45am – 10:30am

### Kids Yoga in the Park: GP

Mon., June 6<sup>th</sup> 5:30pm – 6:30pm

Ages 4 - 12

### Kids Fitness Fun: GP

Sat. June 11<sup>th</sup>

Ages 4 – 6 9am – 9:45am

Ages 7 & Up 9:45am – 10:30am

### Cross Country Walk: FP

Tues., June 28<sup>th</sup> 6pm – 7pm

Ages 13 & Up (youth supervision)

**FREE!!**

**FITNESS IN  
THE PARK**

**Grimes  
Myers  
Finch  
Parks**

**Join the  
Fun!**